

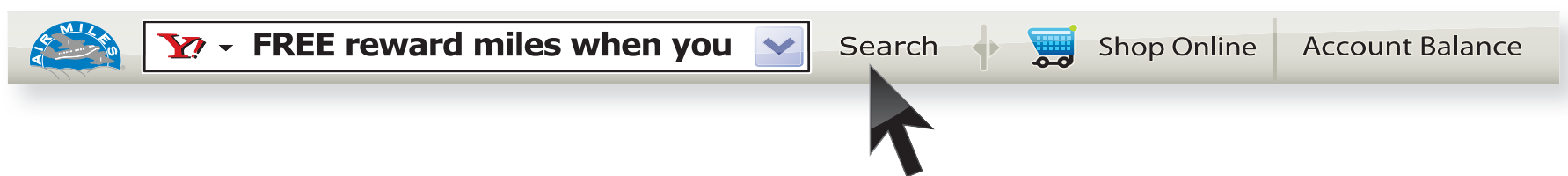
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Distance, time blamed for Harry's breakup

pg 16



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Luxury heels walk off recession blues



Obama lands on Feb. 19

OTTAWA Fresh off the pomp and ceremony of his inauguration, U.S. President Barack Obama's Feb. 19 visit to Canada promises to be a more low-key affair.

Canadians are trying to keep the focus for Obama's meeting with Prime Minister Stephen Harper on work, not ceremony.



U.S. President Barack Obama

While the visit was previously announced, the date was confirmed yesterday by Washington and Ottawa. It will be Obama's first trip abroad as president.

"This is a testament not just to the size of our trading relationship and the closeness of our alliance, but also the strength of our friendship," Harper said.

Obama's office provided few details but said the focus will likely be the sagging economy.

TORSTAR NEWS SERVICE

Food pg 11



Relax while cooking chili

Metro Homes pg 10

Repeating patterns

Tories 'on probation'

Coalition collapses as Liberal leader gives support to Conservative budget

Canada 2009

Federal Budget

The Conservative government has accepted a Liberal change to the federal budget that requires periodic parliamentary reports on how its \$40-billion economic rescue package is being spent — a move that guarantees the budget's passage and the government's probable survival well into 2010.

With the Liberals' support of the Conservative budget, the would-be coalition with the New Democrats, backed by the Bloc Québécois, collapsed.

It was the latest twist in a political drama that erupted in November and led to the near-defeat of Prime Minister Stephen Harper's minority government.

The Conservatives earned a new lease on government — but only to implement a massive pro-growth spending plan dictated in part by their opposition adversaries and leaving the government with a \$64-billion deficit within two years.

The Liberal amendment calls for reports that would require three more mini-fiscal updates. The Conservative government quickly accepted the change, which means the budget could pass as early as Monday.

"We are putting this government on probation," Liberal Leader Michael Ignatieff declared yesterday. "We will be watching like hawks to make sure that the investments Canadians need



Liberal Leader Michael Ignatieff speaks in Ottawa yesterday. Ignatieff said the Liberals will support the budget, ensuring the survival of Harper's minority government. **More, pgs 3, 5, 7 & 8**

actually reach them."

The motion will require these report cards at the end of March, in June and again in December. Ignatieff said that if the reports re-

veal that the government is not delivering on its budget pledges, the Liberals will withdraw their support for the Tories in Parliament.

"There remains a prob-

lem of trust, there remains a sense that they announce and don't deliver, a sense that they promise and don't get the money out the door," said Ignatieff, adding

Conditions

- The Liberals want Tories to "provide on-going economic and fiscal updates; detail the actual implementation of the budget; and itemize the actual effects of the budget."
- The tests for approval: Protection of most vulnerable, minimizing of existing job losses, creation of employment opportunities of tomorrow, provision of economic stimulus in a manner fair to all regions, and assurance the deficit is not a burden to future generations or a detriment to economic recovery.
- The Conservatives must also provide details on adjustments or new measures.

Harper should "proceed with extreme caution."

Harper did not formally speak on the amendment, but senior government ministers cast the amendment as recognition of what the government already does — account to Canadians for how it spends their money.

Meanwhile, NDP Leader Jack Layton and BQ Leader Gilles Duceppe said the Liberals will wear the Conservatives' budget.

"The coalition is dead, very clearly," said Duceppe.

Layton lashed out at Ignatieff, accusing him of forming a new coalition with the Harper government.

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Housing prices take a dip in Edmonton

The economic downturn and a drop in consumer confidence has caused house prices to dwindle across the country, including Edmonton, say figures from Royal LePage. Edmonton saw big decreases and other cities with strong local economies saw declines, including Calgary. **METRO EDMONTON**

3

Local



Telus to launch text banking

Customers can soon tap feverishly on their mobile phones to do their banking through a new partnership with Telus and ATB Financial. ATB Financial says customers can text message their bank, which will quickly send them back a message giving them a number of options, including checking balances and paying bills. Telus says it will begin a 90-day implementation program before the service is launched in Alberta.

METRO EDMONTON

Hell's Kitchen

Season Premiere 8 Tonight



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Health super board gets a new boss

ANNOUNCEMENT Alberta's health super board has gone Down Under to recruit its new president and CEO.

The Alberta Health Services Board announced yesterday that it has recruited Dr. Stephen Duckett, a former chief executive of the Centre for Healthcare Improvement for Queensland Health in Australia, for the position. Duckett will take over the role on March 23.

METRO EDMONTON



Stephen Duckett

metronews.ca

WHAT'S ONLINE TODAY

Video Jack Layton blasts Michael Ignatieff for supporting the budget at metronews.ca/canada

Video See the world and help the needy through voluntourism at metronews.ca/lotcal



Lotteries

Lotto 6/49: 1, 6, 20, 22, 24 & 46. Bonus 36. These results are not official.

Good time for a reno show

Tax credit should be a boost to home renovation industry

VICTORIA HANDSIDES
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Hammering nails will become a common soundtrack around Canadian neighbourhoods for the next year, as a new inclusion in the federal budget has home renovators preparing for a boom in business.

The home renovation tax credit gives taxpayers a break, allowing a claim of 15 per cent the cost of renovations per household, between \$1,000 and \$10,000.

News of the extra incentive couldn't have come at a better time for Edmontonians, days ahead of the year's biggest reno expo.

"Anything that gets the consumer thinking positively about going ahead with a project around the house will stimulate business," said Rick Young, producer of the Edmonton Renovation Show.

The time-sensitive offer lets homeowners claim fixer-uppers until Feb. 1, 2010.

"It's going to be a bonus



Tom Rasmussen of Ray-O-Max windows polishes a pane of glass yesterday while preparing for this weekend's Edmonton Renovation Show at Northlands AgriCom.

and positive encouragement for people who were planning to do some renovations,"

Young said.

"It's also going to be a stimulus for people who were planning on laying back and being more conservative until the econo-

my picks up."

Nord Alta Construction owner Robert Breault said people have become

"more hesitant" to pay for costly renos since the looming recession, but that the tax credit may have given the dark cloud

a silver lining.

The initiative is expected to cost \$3 billion dollars.

The Edmonton Renovation Show begins tomorrow and ends Sunday at Northlands AgriCom, and will play host to industry experts, do-it-yourself clinics and the latest trends in green home reno solutions.

Police nab suspected bank robber

JEFF CUMMINGS
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CRIME City cops believe they've nabbed a serial robber yesterday who held up a number of banks in Edmonton this month.

Tactical officers made the arrest sometime around 2:45 a.m. after an investigation led them to an area near 116 Avenue and 94 Street where the suspect was spotted in a stolen Pontiac G5, police said.

During the high-risk vehicle stop, the suspect tried to break away, causing damage to a nearby parked car before he was taken into custody, police said.

Police accuse the suspect of robbing seven financial institutions since Jan. 9 with the most recent robbery occurring near 129 Street and Manning Crossing Jan. 21. Charges are pending against 41-year-old Glenn Garry Fraser.



Glenn Garry Fraser

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Roughly 40 soldiers from the Edmonton garrison will be departing from the Edmonton International Airport today for a nine-month mission in Kandahar. They are the first of three groups bound for Afghanistan between now and mid-February. **METRO EDMONTON**



A fire devastated Energy Saving Products at 124 Street and 126 Avenue late Tuesday night.

City biz burns

VICTORIA HANDYSIDES
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Employees of a north-side industrial business are trying to pick up the pieces and start over after a devastating fire left their workplace in ruin.

A blaze broke out at Energy Saving Products, located at 124 Street and 126 Avenue around 10 p.m. Tuesday.

An employee at the adjacent CN Rail yard was the first to call in the blaze, having spotted it from a watchtower.

"There was a lot of different coloured smoke," said Emergency Services spokesman John Muir,

adding that as a precaution, a Hazmat team was on scene.

The flames spread quickly through the 1,300 square-foot building, and the roof collapsed within the first hour.

The cause of the fire hasn't been determined. Investigators are examining surveillance footage captured from CN rail to aid in the investigation.

The two-alarm blaze was under control by 12:30 a.m., through the work of 18 fire crews.

Damages are estimated at around \$4 million.

No staff were in the building at the time the fire started, and no injuries were reported.

Petro-Can explosion won't affect supply

GASOLINE An explosion that rocked Petro-Canada's refinery east of Edmonton won't affect gasoline or diesel supplies in Western Canada, the company said yesterday.

Sneh Seetal, a spokeswoman with the company, says the refinery is under a "safe-refinery mode," something that's part of

Petro-Canada's safety procedures.

"What that means is some parts of the refinery are still operating, some are still producing product, but the processing unit where the explosion occurred has been isolated," said Seetal.

The explosion occurred about 7:15 p.m. and the

fire was later extinguished sometime around 8:40 p.m., the company said. All employees were accounted for and no one appeared to be hurt, said Seetal.

No tally has been made on the damages and investigators are still trying to find the cause of the blast, the company said.

JEFF CUMMINGS/METRO EDMONTON

Bay LRT station gets a new name

VICTORIA HANDYSIDES
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TRANSIT The name of a downtown Edmonton landmark was forever changed, and one year later, the LRT station underneath will follow suit.

City council decided yesterday that Bay Station will be named Enterprise Square Station.

The old Hudson's Bay Building (10230 Jasper Ave.) was purchased by the University of Alberta — and renamed Enterprise Square — when the school took over the space last January.

Mayor Stephen Mandel supported the change, because he feels the current naming is confusing to new riders.

The change of signs in the station will be billed to the university.

Names on maps and pamphlets will not be changed immediately, but will be changed in the regular printing schedule.

The project is expected to cost \$25,000.

Donation Oilers lend a hand



Oilers captain Ethan Moreau helps student Lisa Kohn with her coat during a donation of new winter coats yesterday at Inner City High School.

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Second coast guard icebreaker gets stuck in ice

After 15 ice-bound hours, 38 passengers on a ferry from Îles de la Madeleine to P.E.I. have landed safely, CBC News Online reports. The coast guard icebreaker Sir William Alexander freed the ferry, but not after first getting stuck in the heavy ice itself. This is the second time in as many days that a coast guard icebreaker has been stuck in ice. **METRO NEWS SERVICES**

Canada



Groups urge less birth intervention

Medical interventions like caesarian deliveries shouldn't be routine for low-risk pregnancies, several Canadian medical groups said in a new policy statement yesterday. The statement called for the promotion of normal childbirth when labour and birth are progressing normally. The statement urged doctors to resort to caesarean sections, among other interventions, only when there is a valid, evidence-based reason. **METRO NEWS SERVICES**

The coalition is dead

Duceppe pulls plug on Liberal-NDP deal

A controversial political figure — remembered for its “extraordinary work” — has died.

Shed a tear for the NDP-Liberal coalition.

This rare political animal, born in a splash of controversy and daring died a quiet, merciful death yesterday, put down by one of its creators, who figured it had outlived its usefulness.

The death was greeted with a mix of mourning and indifference on Parliament Hill, the very place where it entered the world in a surprise birth just a month and a half ago.

The coalition is survived by warring siblings and is predeceased by Stéphane Dion, one of its founders.

Liberal Leader Michael Ig-

“I come out of this experience with the sense that we have changed Canadian politics.”

Michael Ignatieff

natieff, never a fan of the coalition he inherited from Dion, was first to hint at its fate yesterday when he delivered a kind eulogy without pronouncing the union formally deceased.

“The coalition has accomplished, I think, extraordinary work. It has forced a reckless ... prime minister to think again, to jettison the partisan my-way-or-the-highway style of leadership,” Ignatieff said.

“I come out of this experience with the sense that we have changed Canadian politics,” he said.

It was left to Bloc Quebecois Gilles Duceppe to fill in the death certificate.

“The coalition is dead. It's finished. It's over,” Duceppe declared bluntly.

Only NDP Leader Jack Layton betrayed any anger or bitterness yesterday, blaming Ignatieff for not following through on the coalition's grand strategy to replace the Conservatives.

“We have a new coalition now on Parliament Hill. It's a coalition between Mr. Harper and Mr. Ignatieff,” Layton said.

TORSTAR NEWS SERVICE

Budget **Getting to work**



Prime Minister Stephen Harper uses a nail gun while touring a home undergoing renovations yesterday in Ottawa. Harper attended the photo opportunity after the Tory budget, released Tuesday, announced tax breaks for home renovation projects.

CHRIS WATTE/REUTERS

Spending cuts to bump cabinet officials to coach

Canada 2009

Federal Budget

POLITICS If you can still afford to travel by air, keep an eye out for the federal Tory cabinet. They'll be the ones at the back of the plane.

In the face of global recession and huge national deficits, the government is eyeing cost savings that could cause turbulence in the jet-set lives of politicians, top bureaucrats, and political appointees.

Measures in the budget would bump cabinet ministers, political staff and senior civil servants from their business-class seats on flights of less than two hours and freeze spending at 2008 levels for all travel, lunches and hospitality.

Ottawa vowed to “rein in” departmental spending after the last election, but the limitations could come as a shock for cabinet ministers accustomed to the executive treatment.

Finance Minister Jim Flaherty, for example, charged taxpayers \$746.43 for a 45-minute flight from Ottawa to Montreal last October. It costs about half that price to travel coach on Air Canada.

TORSTAR NEWS SERVICE

Premiers have mixed reaction

PROVINCES Hailing Stephen Harper as the “Prime Minister who actually delivered,” Ontario Premier Dalton McGuinty said the federal budget is just the tonic for the province's ailing economy, but leaders elsewhere in the country greeted the federal budget with less enthusiasm.

Meanwhile, Newfoundland and Labrador Premier Danny Williams called on the seven opposition MPs from his province to make a symbolic stand and vote against the budget, saying it will cost the province \$1.5 billion over the next three years, when it had expected to receive \$2.7 billion in Atlantic Accord payments.

Canada 2009

Federal Budget

In Quebec, Premier Jean Charest once again criticized the federal government for unilaterally changing the equalization formula that he says shortchanges his province.

“We want to work with a federal — not unilateral — government,” Charest said yesterday.

Quebec stands to lose \$75 million in equalization this fiscal year and \$695 million in 2010-11, according to Finance Minister Monique Jérôme-Forget.

TORSTAR NEWS SERVICE

Vote on back-to-work legislation expected today

YORK The provincial government will force an end this morning to the three-month strike at York University and allow 45,000 students to resume classes Monday with the expected passage of legislation ordering 3,340 contract professors back to work.

Today's vote on Bill 145 comes on the fifth day of an emergency session of the

Withdrawn

• The striking contract workers, members of the Canadian Union of Public Employees Local 3903, withdrew their threat

of a court challenge to the legislation late yesterday, removing a potential obstacle to the resumption of classes.

Ontario legislature to introduce back-to-work legislation.

“We have reached a point that the only way they can

get back to class is if we simply allow this to go ahead,” said CUPE spokesperson Tyler Shipley.

TORSTAR NEWS SERVICE

News in brief

OTTAWA The federal Conservative government could order Ottawa's striking transit union back to work if it gets the support of the Opposition Liberals, Labour Minister Rona Ambrose said yesterday, the 50th day of the strike.

BIRD FLU The number of farms under quarantine in B.C.'s Fraser Valley is up to 26 because of concerns over avian flu, as farmers raise their own concerns that compensation for destroyed birds will fall far short of their losses.

SURVEY A recent opinion survey on professions reveals that, given the choice, more people would marry a plumber than a movie star. Synovate surveyed 1,000 Canadians and found that, based on profession, 15 per cent would

choose a doctor or a nurse as a spouse, nine per cent would choose a worker from the sciences or trades people, while only four per cent would choose to marry an actor or a musician.

METRO NEWS SERVICES

new

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Venice is launching an online service that lets visitors pay for access to public toilets with a mouse click. Instead of paying the current one-euro fee to get into a public bathroom, tourists who think ahead can get one week or day passes to the bathrooms online. Visitors can pay seven euros online for 10 toilet visits over five days in high season, and five euros in the low tourist season. **REUTERS**

Venice's public toilets going digital

World



More G8 cash for arms disposal: Russia

Russia said yesterday it might have to slow down destruction of its huge Soviet-era stocks of chemical and other weapons of mass destruction because its G8 partners are not providing enough funds to carry out the work. The Group of Eight industrialized nations clinched a \$20-billion US deal in 2002 to help Russia get rid of chemical, nuclear and other weapons to prevent them falling into the wrong hands. **REUTERS**

U.S. House passes \$819B bailout

U.S. President Barack Obama scored his first major legislative victory yesterday with the passage of an \$819-billion US economic stimulus package by a sharply divided House on a 244-188 vote.

Obama, who took office eight days ago, was denied, at least for now, his goal of bipartisanship. Every Republican who voted op-

posed the landmark bill, complaining it contained too much new spending and not enough tax cuts.

All but 11 of Obama's fellow Democrats in the House supported the bill to combat the worst economic crisis since the Great Depression. The Senate begins debate next week.

Obama, seeking to build support, said, "I hope that

we can continue to strengthen this plan before it gets to my desk" to be signed into law.

"But what we can't do is drag our feet or allow the same partisan differences to get in our way," Obama added in a statement.

On his first visit to the Capitol as president Tuesday, Obama failed to ease Republican concerns the

Extra spending

- The new spending in the Democrat-approved package includes money to rebuild crumbling roads and bridges, and upgrade health care and schools.

package included too little in tax cuts, roughly \$275 billion, and too much in

spending, roughly \$550 billion. The Senate is expected to approve a similar version of the bill costing \$887 billion.

House Democrats rejected Republican efforts to strip out the new spending and instead approve a package essentially restricted to about \$478 billion in tax cuts. **REUTERS**

N. Ireland victims' families clash at launch of report

BELFAST Relatives of people killed in Northern Ireland's decades-long conflict clashed yesterday at the launch of a report suggesting a "recognition payment" for families of paramilitary fighters.

More than 3,600 people were killed in 30 years of violence from the late 1960s and a government-commissioned panel was appointed last year to look into ways to heal wounds.

Bereaved families of Protestant unionists from the majority and Catholic nationalists, who want a united Ireland, scuffled and traded accusations at the panel's report presentation in Belfast.

Gerry Adams, leader of nationalist Sinn Fein, an ally of the Irish Republican Army guerrilla group which fought British rule, was among those who were heckled. "You've got blood on your hands," unionist Cedric Wilson told Adams. **REUTERS**

Israel strikes Gaza after militants fire rocket

VIOLENCE Israeli warplanes bombed a weapons production facility in Gaza yesterday after militants fired a rocket at Israel, in violence that defied the efforts of a visiting U.S. peace envoy to reinforce a ceasefire.

There were no reports of injuries from the pre-dawn Israeli strike in the town of Rafah, along Gaza's border with Egypt. Witnesses said a metal foundry was damaged.

Moments earlier, a militant group with links to Palestinian President Mah-

U.S. envoy's visit

- The violence clouded a visit by U.S. President Barack Obama's Middle East envoy, former U.S. Senator George Mitchell, who said yesterday it was "of critical importance that the ceasefire be extended and consolidated."

moud Abbas' Fatah movement claimed responsibility for firing a rocket at southern Israel yesterday.

The rocket was the first fired from Gaza since Is-

rael and Hamas called separate ceasefires ending a 22-day Israeli offensive on Jan. 18. It caused no casualties, but Israeli leaders facing a Feb. 10 election in a campaign focused on security concerns, have vowed to respond to rocket salvos.

Israel has said it will hold Hamas rulers responsible for attacks launched from the coastal territory, and had warned of a stronger response to the killing of a soldier on Tuesday in an explosion by a border fence. **REUTERS**

Happily married women get more sleep, study says

HEALTH A good remedy for women who can't sleep is a happy marriage, a study suggests. Researchers at the University of Pittsburgh have found that women happy with their husbands or partners have less trouble sleeping. Money worries and alcohol or caffeine consumption had little impact on getting eight hours of sleep each night. **REUTERS**

Russian soldier ordered to return home from Georgia

TBILISI The Russian army accused Georgia yesterday of blocking the return of a soldier who disappeared from his unit and said he must come back or face prosecution as a deserter. "Alexander Glukhov must return and continue his service," said Col. Igor Konashenkov, aide to the commander of Russia's ground forces.

Georgia, crushed by Rus-

sia in a brief war in August, paraded the soldier on Tuesday.

Glukhov said he had asked for asylum, saying conditions with Russian forces were unbearable. Moscow maintains the soldier was abducted and that Georgia must have forced him into making statements that discredited the Russian military. **REUTERS**

Brazil Deforestation protest



A Brazilian Indian is shown at a protest against Amazon deforestation at the ninth Social World Forum, which was brought to the city of Belem partly as a way of drawing global attention to the destruction of the Amazon rain forest.

News in brief

WEAPONS Iran will not halt sensitive nuclear work as demanded by the new U.S. administration, presidential aide Aliakbar Javanfekr said. The U.S. and other Western powers suspect Iran's peaceful nuclear projects are a front to build nuclear arms, which the aide denied yesterday. Asked about UN resolutions demanding Iran suspend uranium enrichment, he said: "We have rejected resolutions. Those resolutions were issued under U.S. pressure. We work in the framework of international laws."

Massive Shoe Blowout

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Who is this prime minister?

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Canada & world insight

Ralph Waldo Emerson famously said that "a foolish consistency is the hobgoblin of little minds." Emerson, the 19th-century American philosopher, thought the better part of wisdom is one's willingness to abandon flawed, mistaken or dated beliefs.

By this measure, Stephen Harper is Emerson's man. He's happy to divest himself of anything. There appears to be nothing — no program, no promise — that he will not jettison if it becomes cumbersome or inconvenient.

If that means remaking yourself ideologically, or becoming a political chameleon, so be it. No one can accuse Harper of much attachment to anything.

The federal budget is the

latest in a string of staggering reversals. Only weeks ago, Harper declared that our economy was strong and there was no need for stimulus. And there would be no deficit.

Well, one could say that things changed between now and then. What changed was the government found Keynesian economics when it was faced with defeat. Period.

That this deficit comes from a Conservative government led by a conservative economist who once disdained deficits is exquisite. It shows, once again, that politicians, whatever their stripe, will choose survival over principle.

Power has not corrupted the Conservatives absolutely, as Lord Acton once said. Rather, it has bankrupted them intellectually. After a decade of "uniting the right" and plot-

Canada 2009

Federal Budget

ting a Canadian Conservative majority, they take office and embrace deficit financing and gargantuan spending.

Breathtaking.

Some might say the Conservatives have become Liberals today, but don't be so sure the Liberals would have been this profligate. It was they who eliminated the deficit inherited from Brian Mulroney's Conservatives.

When former finance minister John Manley heard the deficit forecast last week, he said he "felt sick." He knows, more than

most, the pain it took to produce a surplus in the 1990s.

Then again, a government invites a deficit when it cuts the GST and income taxes (which this government did), so it can shrink the size of government (which this government wants), so it can create a Conservative Canada. Or so it thought.

When you want to stay in power, you learn how to trim and tack. Harper is becoming good at this.

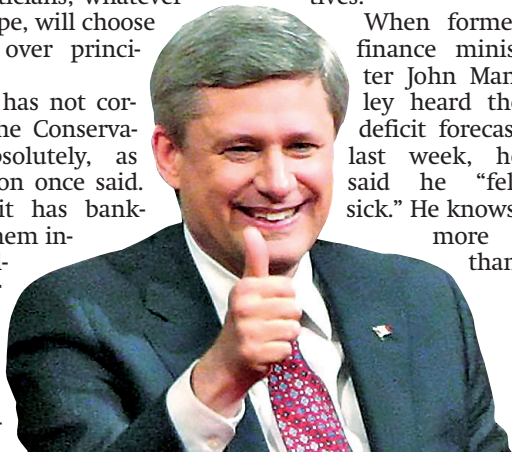
Need a new mandate? Forget the election date you fixed and call one now. Want a Conservative majority in the Senate? Forget term limits for senators.

Want to appoint a new high court justice? Forget those pesky parliamentary hearings. Dislike income trusts? Abolish them.

Want to placate the opposition? Drop plans to kill election subsidies.

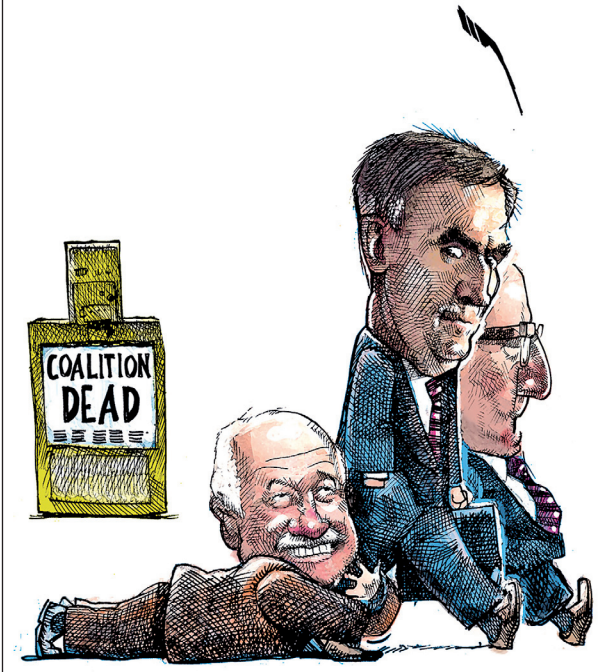
Easy come, easy go. My, my, these are faithless folks.

Andrew Cohen, a professor and journalist, is the author of *Extraordinary Canadians*: Lester B. Pearson.



After metro

HE'S PERSISTENT.



Quote of the Day

"We have a new coalition now on Parliament Hill. It's a coalition between Mr. Harper and Mr. Ignatieff."

— NDP Leader Jack Layton on learning of Liberal Leader Michael Ignatieff's comments

TORSTAR NEWS SERVICE

Views

Budget missed the boat to help ACTRA

Canada 2009

Federal Budget



Stephen Waddell

ACTRA

If Tuesday's federal budget was an attempt by the Conservatives to apologize to Canada's culture community for the devastating cuts of the last year, they missed a major cue. Canada's \$5-billion film and TV industry is a proven job generator and gives government a lot of bang for every dollar invested. By not making a significant investment in this industry, Conservatives passed on an opportunity to create thousands of well-paying, cre-

ative, skilled jobs and, in turn, stimulate Canadian economic growth.

A healthy cultural industry is in everybody's interest — culture not only enriches our lives, it enriches our economy. More people work in culture than work in agriculture, forestry, mining, oil and gas — combined.

Our cultural industries already contribute more than \$85 billion — or 7.4 per cent of Canada's real gross domestic product — and more than 1.1 million jobs. ACTRA had presented a number of concrete job-creation ideas in the pre-budget process; unfortunately, the government didn't include any of them in yesterday's budget.

These practical solutions would have fuelled Cana-

"Simply put, Canadian performers are surprised the government is passing on such a no-brainer."

da's \$5-billion film and TV industry and added to the more than 125,000 full-time jobs our industry creates across Canada:

- Increased long-term funding for the Canadian Television Fund, Telefilm Canada, the CBC and the National Film Board;
- A new fund for new media productions that would come from a levy on the revenues of Internet service providers;
- Increased tax credits to encourage film and TV pro-

duction across the country.

We also pitched the idea of re-introducing "income averaging" for tax purposes over a five-year period to provide fair and equitable tax treatment for self-employed Canadians, such as performers. We're pleased to see renewed commitments to the Canadian television fund and new media fund. However, this is basically a status quo budget for our industry and a missed opportunity to use the job-creating power of our industry to its full potential.

Simply put, Canadian performers are surprised the government is passing on such a no-brainer.

Stephen Waddell is National Executive Director of ACTRA, the national association representing over 21,000 professional performers.

Worth Mentioning

A different illegal download

A New Zealand man who bought a second-hand MP3 player that contained U.S. military files on personnel who served in Afghanistan and Iraq handed it over to U.S. officials yesterday, New Zealand media reported.

Chris Ogle, 29, bought the \$10 US MP3 at a thrift shop in Oklahoma. When he plugged it in, he discovered it contained 60 U.S. military files, said New Zealand television program One News which broke the story.

The files contained the

names and personal details of American soldiers, including ones who served in Afghanistan and Iraq, as well as information about equipment deployed to bases and a mission briefing, said One News.

Some files contained active mobile telephone numbers and social security numbers of military personnel. Ogle said the officials asked him whether he had made copies and then photographed some of the files, but would not say how sensitive the information was.

REUTERS

Metro Online Poll Results

44% SAID YES

If you were an MP, would you vote in favour of the budget?

56% SAID NO

Weigh in on today's question at metronews.ca

It's your turn to tell others what you think. E-mail your thoughts and opinions to: edmontonletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Toyota recalls Yaris
Toyota is recalling 58,000 of its 2006 and 2007 Yaris subcompact models sold in Canada because of a seatbelt defect. A seatbelt could cause a foam pad in the car to catch fire if the vehicle is involved in a severe front-end collision. **CBC NEWS ONLINE**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Credit plan skimpy: Critics

The federal government's clumsy attempt to regulate credit card lending through "skimpy" measures in the budget will do little to beef up consumer protections, critics charged yesterday.

Earlier this week, Conservative Finance Minister Jim Flaherty outlined a handful of proposals to better assist consumers in making "informed decisions" when using credit. But various politicians and some members of the business community say his plan lacks teeth.

Liberal Senator Pierrette Ringuette called Flaherty's proposals an "insult," arguing he should have introduced rules to shield consumers and businesses from rising interest rates and fees. She raised those concerns with Liberal

"Consumers need to pay less interest rates to sustain their purchasing power."

Pierrette Ringuette

Leader Michael Ignatieff, but also urged the Senate yesterday to investigate the industry.

"Facing a difficult financial situation, some Canadians will depend more on credit," Ringuette said. "Given the current state of our economy, consumers need to pay less interest rates to sustain their purchasing power."

Flaherty's proposals include a new task force on financial literacy, while "strengthening disclosure requirements" on banks

Canada 2009

Federal Budget

that issue credit cards. That involves simplifying the language on documents, while providing "clear and timely advance notice" of rate and fee changes.

Additionally, the government promised to limit "business practices that are not beneficial to consumers," without naming specifics. That could include minimum grace periods on new purchases and changes to debt collection.

MP Dan McTeague, the Liberal Consumer Affairs critic, wants a cap on rates set at 12 per cent above the banks' prime rate. The NDP want it set at five per cent above prime.

TORSTAR NEWS SERVICE

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Virgin High-stakes ad contest



Richard Branson, founder of the Virgin group of companies, waves to the crowd during an Advertising Week event in Toronto. He was in the city to award eight students a \$100,000 prize for a contest to create a Virgin ad package.

GDP outlook too rosy, IMF says

ECONOMY The International Monetary Fund says Canada's economic recovery will be far less vigorous than the federal government and the central bank are predicting.

The world body yesterday revised its outlook for Canada sharply downward, forecasting the country's economy will grow by a sluggish 1.6 per cent in 2010, after contracting by 1.2 per cent this year.

That view contrasts with Finance Minister Jim Flaherty prediction a day earlier in the budget. The government expects real gross domestic product will grow by 2.4 per cent in 2010, after shrinking by 0.8 per cent this year.

Even that rosy prediction pales in comparison to the Bank of Canada's latest projections for real GDP growth of 3.8 per cent next year, following a 1.2 per cent contraction this year.

TORSTAR NEWS SERVICE

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Feb. 12	12:00 pm to 1:00 pm	WebBroker: Markets & Research presented by Don Wall TD Waterhouse Discount Brokerage
Feb. 19	12:00 pm to 1:00 pm	Steps to Financial Planning presented by Kyle Bills, CFP TD Waterhouse Financial Planning
Feb. 21	10:00 am to 12:00 pm	Introduction to Investing in Options presented by Nelson Bispo TD Waterhouse Discount Brokerage
Feb. 26	12:00 pm to 1:00 pm	Understanding Margin & Short Selling presented by Jay Lakdawala TD Waterhouse Discount Brokerage

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Waterhouse

Wealth of Experience

Drilling to drop, association notes

ENERGY Canadian oil and gas drilling could fall 21 per cent to 13,500 wells this year because of slowing petroleum demand and low commodity prices, the Petroleum Services Association of Canada said. That's down from 17,043 in 2008, and almost half the record 25,000 wells drilled in 2005. Alberta's drilling will drop 27 per cent.

REUTERS

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How green is your wallet?

ENVIRONMENT As recession drives consumers to cut costs, their commitment to organic food has been tested with sales growth slowing — but so far, sales are not falling.

The global market for organic food and beverages, worth \$22.75 billion US in

2007, may suffer as shrinking incomes force the newly green to save money, but one marketing expert noted the loss will be limited. Most people who purchased organic foods were very committed, he said, adding that big sales declines are unlikely.

REUTERS

Business in brief

EARNINGS Boeing Co. reported a fourth-quarter loss of \$56 million US, compared with a year-earlier profit of \$1.03 billion US, due a machinist union strike. It will also cut 10,000 jobs this year.

REUTERS

AIRLINE About 5,000 Air Canada employees belonging to the Canadian Auto Workers union voted 78 per cent against a tentative collective agreement, which was set to take effect May 31.

TORSTAR NEWS SERVICE

Does Your Portfolio Sing the Blues?

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Canadian Dimitroff named top NFL exec

A former University of Guelph student has been chosen the NFL's executive of the year by The Sporting News. Thomas Dimitroff, right, led the Atlanta Falcons to the playoffs in his first season as a general manager. **METRO NEWS SERVICES**



9

Sports



"Anybody that says we should blow up this organization should get their own bomb and go blow themselves up."

Ottawa Senators owner Eugene Melnyk, left, during a news conference yesterday, discussing the Sens' subpar season and decline in season-ticket sales. **METRO NEWS SERVICES**

SPORTS@METRONEWS.CA

Sports in brief

NHL Henrik Zetterberg has been signed to the longest contract in Red Wings' history, a 12-year deal that will keep the star forward in Detroit until 2021. The deal is worth slightly more than \$72 million US. Zetterberg, 28, is in his sixth NHL season, all with Detroit. The Swedish native has 43 points in 45 games.

NBA Charlotte Bobcats forward Gerald Wallace suffered a partially collapsed left lung and a fractured rib late in the team's double-overtime victory over the L.A. Lakers on Tuesday. Wallace was to remain in the hospital for observation and did not accompany the team to Portland for last night's game.

METRO NEWS SERVICES

Got big-game fever? Check out Laurence Heinen's all things-Super Bowl blog, online now at www.metronews.ca/blogs

Big Ben and the grocery bagger

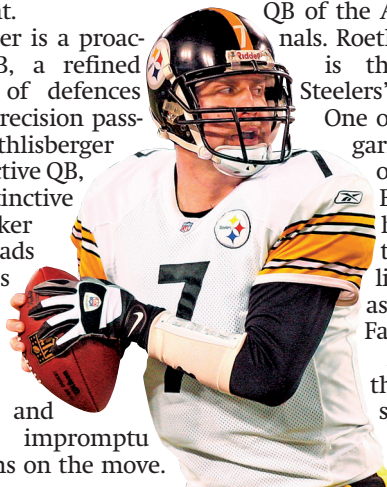
MARTY YORK
marty.york@metronews.ca



To compare Kurt Warner and Ben Roethlisberger as quarterbacks would be tantamount to, say, comparing Michael Bublé and Kanye West as singers.

Their styles are drastically different.

Warner is a proactive QB, a refined reader of defences and a precision passer. Roethlisberger is a reactive QB, an instinctive playmaker who reads defences more effectively after snaps and makes impromptu decisions on the move.



"They're like night and day," former NFL-QB-turned-analyst Terry Bradshaw mentioned. "They do nothing the same — except lead their teams to victories." On Sunday in Tampa Bay, Warner and Roethlisberger will attempt to lead their teams to a Super Bowl victory. Warner, 37, is the QB of the Arizona Cardinals. Roethlisberger, 26, is the Pittsburgh Steelers' QB.

One of the two will garner the second Super Bowl ring of his career. And they'll both likely wind up as Hall of Famers.

And, yet, neither was a shoo-in to even play QB in the NFL,

NFL Super Bowl XLIII

let alone be in the Super Bowl and Hall of Fame. Perseverance, though, is what has made both their stories remarkable.

Warner, who could become the first QB in history to lead two different franchises to an NFL title, was a training-camp cut by the Green Bay Packers in 1994 before finding jobs in the real world, including one in which he stocked shelves and bagged groceries.

Eventually, he was signed by the Arena Football League and, by 1999, the injury-plagued St. Louis Rams were desperate for a QB and recruited him. He responded by guiding the Rams to a Super Bowl tri-

umph and by capturing the first of his two NFL MVP awards.

While Warner always got to play QB, however, Roethlisberger didn't. At high school in Ohio, Roethlisberger was a receiver until his senior year. The team's coach preferred his son at QB.

And there were obstacles for both Big Ben and Warner during their NFL careers, too.

In June, 2006,

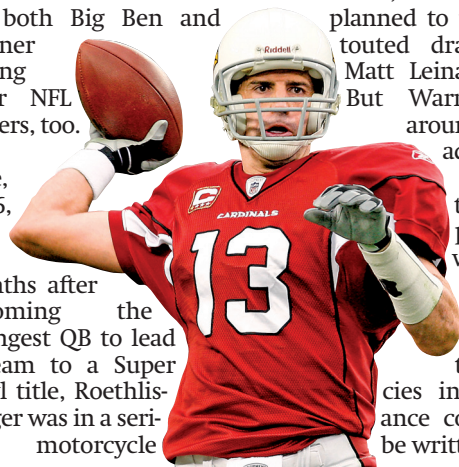
months after becoming the youngest QB to lead a team to a Super Bowl title, Roethlisberger was in a serious motorcycle

crash — minus a helmet.

The damage: a nine-inch head laceration, a broken jaw, a fractured nose and lost teeth. He required seven hours of surgery, and doctors feared he might not be able to play again. Roethlisberger bounced back, though, undaunted.

Warner nearly retired before 2007, when the Cards planned to use highly touted draft choice Matt Leinart at QB. But Warner stuck around, despite adversity.

And, as they prepare this week for the 43rd Super Bowl, their legacies in perseverance continue to be written.



NBA Raptors win third straight



The Nets' Devin Harris, left, drives the lane against Raptors centre Chris Bosh in New Jersey last night. Toronto won 107-106.

Margin for error shrinking

With 35 games remaining in the regular season — and coming off a world-class shellacking at the hands of the Buffalo Sabres on Tuesday night — the Oilers don't have much more room for error if they intend to make the playoffs after a two-year absence.

What has to go right for that to be achieved? What can't change if Edmonton is to stay out of the draft lottery?

I'm glad I asked myself, because the theme of this week's column focuses on three happenings crucial to the Oilers qualifying for the 2009 post-season.

1. Steve Tambellini needs to bring in some talent for the forward unit.

Were you aware three of the Oilers' top-five point-getters this season are defencemen? That's wonderful for Sheldon Souray, Lubomir Visnovsky and Tom Gilbert, but it doesn't say much for the fellas up front.

JDD needs more time in net.

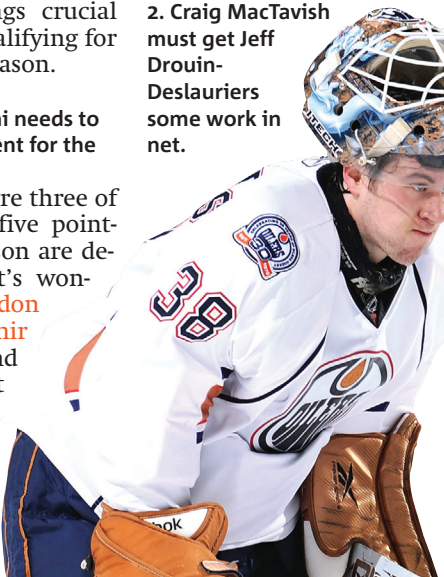
The Hockey News

Adam Proteau

thehockeynews.com

That's why the Oilers' GM (and ol' buddy ol' pal Kevin Lowe) have to be buyers at the trade deadline. Though it might be prudent as the team looks toward the off-season, selling off veterans to solidify the future would be a terrible message to send.

2. Craig MacTavish must get Jeff Deslauriers some work in net.



The Oilers cleared out the logjam in goal when they dealt Mathieu Garon to Pittsburgh in mid-January. However, leaning too heavily on 39-year-old Dwayne Roloson as the team pushes toward mid-April would be not only a gamble on a greybeard, but also potentially damaging to Drouin-Deslauriers just in time for him to play games that truly matter.

3. One of the kids currently on the NHL roster must turn his season around.

Ales Hemsley is on pace to set career bests in goals and points this season, but otherwise, the Oilers have seen most of their group of 25-and-under forwards struggle mightily.

I'm not saying Sam Gagner, Robert Nilsson, Gilbert Brule, Kyle Brodziak and Marc-Antoine Pouliot all need to start posting better numbers to get Edmonton into the playoffs; I am saying if each of them continue underwhelming fans and management, the other two points in this column won't matter.

The Hockey News
thn.com

Beckham raises doubts on return

SOCCER David Beckham has said he is having doubts about returning to Los Angeles Galaxy after making a strong start to his two-month loan stint to Italian club AC Milan.

"Playing here is every footballer's dream," Beckham told Italian paper Corriere della Sera yesterday when asked if he would go back to the United States in March. "But it's not easy to decide. It's a matter that requires time. I'm under contract with, and have lots of respect for, Galaxy," he added.

"But the possibility to play at Milan is something special. I knew I'd have fun but I didn't expect to have so much fun. Anyway, I am a very respectful person."

The 33-year-old midfielder, who scored his first Milan goal in the 4-1 win at Bologna last weekend, joined the club partly in a bid to stay in contention for England selection during the U.S. close season.

But the tactical acumen he has shown have led to calls for him to stay, and Milan chief executive Adriano Galliani has said the seven-times European champions are willing to pay Galaxy a fee for him.

REUTERS

Metro Homes

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA



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Take steps to a healthier lifestyle

JOY GREGORY
for Source Media Group

With last year tucked firmly into the ol' Been There Done That column, who can resist the obvious temptation of having an entirely new calendar year to try and make your part of the world a little healthier, happier—and maybe even a little more fun?

First, the good news. Edmonton psychologist Dr. Ganz Ferrance says January is a good day to take stock of your life and resolve to make changes for the better. "New Year's is a great time because there is a natural start to something new." That said, Ferrance cautions against getting too hung up on particular dates. In terms of the best time to make decisions that will make your life better, "every day is a new year."

So what happens if your previous experience with new year's resolutions exhausts more than it inspires? To paraphrase rocker Terence Trent D'Arby: You may be trying to do the right thing, the wrong way. To break that pattern, without abandoning your resolution or carrying the angst



Eating healthy can be a start to a healthier lifestyle, but to succeed in the end, you need a plan.

of it going unfulfilled, Ferrance suggests you zero in on what you want to accom-

plish, and then put a plan in place to make it happen. "And don't be afraid to in-

vest in yourself," notes Ferrance, who recommends your plan for success in-

clude professional help, regardless of whether your goals involve quitting smok-

ing, losing weight, getting fit, becoming more organized, or taking control of your finances.

The lack of a workable plan probably tops the list of reasons why fitness industry stats show 75 per cent of people new to exercise drop out in the first six months, says Tye Babb, owner of Target Your Energy Personal Fitness and Development, which supplies personal training to YMCA Edmonton.

Lindy Kennedy is a dietitian who's also big on "the plan." Working for Preventous Collaborative Health and her own company, Fit-Nut Consulting, both in Calgary, Kennedy helps her clients set specific goals they can focus on over a two-to-three-week period. The first goal could involve increasing your water intake. After that, a client could add a balanced breakfast, then learn to replace unhealthy snacks with nutritionally-dense options. This approach packs a cumulative punch for better health, since incremental changes make major lifestyle modifications easy instead of onerous, says Kennedy.

EDITED BY METRO CALGARY

Can you recognize the pattern?

HomeScape

Sylvia Putz

metronews.ca/homescape

I grew up in a house full of patterns. Pattern upon pattern upon pattern. The wallpaper was patterned, the carpet was patterned and the upholstery was patterned. I had to warn friends before they came to visit, so they wouldn't feel dizzy or disoriented.

Don't get me wrong, I'm very fond of my mom and dad's decor style. It's very much them. They love patterns, and why not?

Using patterns adds excitement and movement to a decor scheme. Let's face it, solid colours on their own are kind of dull. Using

one pattern with solids is a little more interesting. But a series of effectively matched patterns can truly change an ordinary room into one that is spectacular.

But combining patterns can be tricky — it's always a bit of a balancing act. The bottom line when it comes to using several patterns together is to avoid overwhelming with colour, scale, or line.

First of all, use small doses of pattern rather than splashing them across large surfaces like walls, or carpeting or flooring. Instead, think in terms of toss cushions or cushion covers, throws, lampshades and smaller rugs. Or using a boldly patterned wallpaper on one focal wall, rather than on all four of them.

People often choose a "quieter" or less dramatic pattern or a solid for large pieces of upholstered furniture, like a large sofa, for

example. A more dramatic print can be a perfect choice for a smaller armchair, for example. It will be a focal point, a "punch" of pattern in your room, but it will not overwhelm.

Patterns come in several different categories, such as florals, botanical patterns such as leaves, vines or trees, stripes, checks or plaids, and abstract patterns of various styles. Also popular nowadays are the reinterpreted "new" traditional patterns, such as fleur-de-lis, toile, or harlequin.

In terms of style, botanical patterns tend to work well in a space with a lot of emphasis on natural elements, like stone, wood and subdued earth tones. Other types of patterns such as florals, stripes or checks can be very flexible depending on the type of rendering it receives, working well in both traditional

and contemporary settings. What is important is mixing the patterns effectively, and that means you must carefully consider scale and colour as well as style.

When you combine patterns, one simple rule is to use patterns with different sizes or scales. For example, a small pattern such as a little check will work well with a large floral pattern. Or a large striped pattern will work with a medium-sized floral pattern. However, do not use pieces with similarly-sized patterns.

When you think you've got it, congratulations! But keep looking out for the reaction of visitors. If they appear to get dizzy or disoriented when they enter your house, you may have to reconsider your patterns combinations.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

KEITH MILLER PHOTO



To combine bold patterns successfully, keep to a palette of no more than three colours and use various sizes of patterns. This example uses only black-and-white to pull together Colada wallpaper by Umbra/Graham & Brown, grahamandbrown.com.

Sugar shock

Canadians consume, on average, more than six teaspoons of added sugar in the morning, which is half the World Health Organization's daily maximum estimate of 12 teaspoons a day. The results come from a national survey commissioned by SPLENDA® Brand Sweetener that looked into Canadians' morning eating habits. **METRO NEWS SERVICES**

11

Food

Canadian supplier Trudeau introduces the Garlic Duo, a dual function tool that effectively crushes or slices garlic cloves.

Metro News Services

**For more**

The Garlic Duo has a five-year warranty and is dishwasher-safe. It comes in blue, green or red and has a suggested retail price of \$24.99. Visit trudeau.ca for more.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Liquid Assets

Peter Rockwell



liquidassets@eastlink.ca

Down south

While I've gone to a lot of far out

places to wet my whistle the furthest so far has got to be South Africa.

With a layover in London my trip last fall to the Western Cape took over thirty hours, but it was worth it to get some lips-on perspective as to what's hot and happening in its unique wine regions. Both the shiraz and sauvignon blanc grapes have surpassed old school pinotage in popularity and cool mega blends of umpteen varietals are filling the glasses of those hip to what's cutting edge.

Take KVV's 2006 Roodeberg Red (\$12.95 - \$15.99). Though the brand is no spring chicken (it recently celebrated its 50th vintage) its rustic, big-fruited marriage of earth, smoke, spice and chocolate has influenced a whole new wave of ingenious South African blends like Fairview Cellars' 2006 Goats do Roam Red (\$12.95 - \$15.99).

The Goat's shiraz-led mix of six grapes shows off some nice juicy red berry fruit capped-off by a light candied finish that reminded me a bit of cherry Nibs.

While fresh springbok may be tough to find at your neighbourhood grocery; local game and grilled meats make a nice pairing for both wines.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Fill up a super bowl

À la carte

Barb Holland



Metro Food Writer

If you'd rather be in front of the TV watching the big game than in the kitchen, here's a hearty beef chili that makes good use of your slow cooker for a hassle-free supper. The flavour improves overnight, so if time permits, consider making it a day or two ahead and reheat in slow cooker. Serve with lots of crusty bread and cold beer.

Chipotles are dried smoked jalapeno peppers in a spicy tomato vinegar sauce (adobo sauce). They add a wonderfully rich, smoky flavour. Purée the entire can, including

NFL
Super Bowl XLIII

The flavour improves overnight, so if time permits, consider making it a day or two ahead and reheat in slow cooker.

sauce, until smooth. You won't need the entire can, so freeze the remaining in a resealable bag or freezer container for another use, such as my Cranberry Chipotle Glazed Meatballs at metronews.ca/alacarte (Nov. 27, 2008). For another game plan for super bowl supper, try Pulled Pork (Oct. 23, 2008).

Hearty Beef Chili

If you have a large crowd and a large slow cooker, double the recipe. If you like kidney beans in chili, add a can of drained beans during the last hour. Makes six servings.

INGREDIENTS:

- 2 lb (1 kg) stewing beef
- 1-2 tbsp (15 to 30 ml) vegetable oil
- 2 onions, chopped
- 1 red or green pepper, chopped
- 2 cloves garlic, minced
- 2 tbsp all-purpose flour
- 2 tbsp (30 ml) chili powder
- 1 tbsp (15 ml) ground cumin
- 1/2 tsp (2 ml) each salt and pepper
- 19 oz (540 ml) can

stewed or diced tomatoes

- 1-2 tbsp (15 to 30 ml) puréed chipotle peppers in adobo sauce or 1 tsp (5 ml) hot pepper flakes
- 19 oz (540 ml) can red kidney beans, drained and rinsed (optional)

METHOD:

Trim any fat off meat and cut into chunks, if necessary. In a large skillet, heat 1 tbsp (15 mL) oil over medium-high heat. Brown meat in batches and transfer to slow cooker.

Add a little more oil to skillet and sauté onion, pepper and garlic until lightly softened, about 5 minutes. Stir in flour, chili powder, cumin, salt and pepper. Add tomatoes and puréed chipotle peppers,

bring to a simmer. Pour sauce over beef in slow cooker. Stir well, cover and cook on low for 8 to 10 hours or until meat is tender. If adding beans, add one hour before end of cooking.

Tip: For stove-top preparation: Prepare as above, increasing the liquid to cover the meat in a large Dutch oven or saucepan (beef broth, more tomatoes or beer). Bring to a simmer, reduce heat and cook, covered for 1-1/2 to 2 hours or until meat is tender. Stir occasionally. Add beans for last 20 minutes.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.



Serve this chili with lots of crusty bread and cold beer.

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METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Luxury shoes shine bright

Metallics, snakeskin prints and earth hues adorn '09 shoes



Michael Kors metallic sandal, Browns, \$178.



Brown snakeskin leather sandals, Feet First, \$89.99 (In stores May).

JENNIFER YANG
for Metro Canada



Boom or bust, women's shoes have a knack for staying well-heeled, even in the most recessionary of times.

This spring is no exception and for anyone wondering where all the wealth has gone, look no further than a shoe-lover's feet.

"Women love shoes and it's that one item that's an attainable luxury," says Canadian designer David Dixon. "What's that saying? 'When the going gets tough, they go shoe shopping?'"

Thankfully, designers aren't subscribing to the recessionary mood and this spring, they're trotting out shoes in luxe, lustrous and bejeweled. In Dixon's own line, there's no shortage of rhinestone-studded straps, rich hues and earth tones paired with brushed metallics.

"There is a fantasy to it, and I think it is a part of the escapism," he says.

While metallics are still popular, one of the biggest materials for 2009 is of the

serpentine variety and city dwellers better get used to seeing snake on the pavement.

"Natural snake, black and white snake, metallic snakes... it's a very rich-looking shoe," explains Julia Brownstein, senior buyer for Browns. "When you do a metallic snake, right away it looks very rich and expensive and it's something you can wear day and night."

With April showers also come lace and flowers, and feet are getting romanced with satin, bows and lacy adornments. As for colours, cobalt and navys are cropping up alongside purples, greens and oranges, as is the classic nude shoe.

"With the economy and the way things are going right now, the type of purchase that will be strong this summer is something neutral that would go with a lot of things," says Brownstein.

But per-

haps the biggest shoe of spring is last year's winner, the gladiator, both in sandal and stiletto. Having fought its way into a second round on the runways, the Greco-Roman shoe has re-emerged a bit more refined.

"It really started last year with the basic up-the-leg traditional gladiator, but now a lot of designers are doing it on a platform," says

"What's that saying? 'When the going gets tough, they go shoe shopping?'"

David Dixon, designer

Richard Markowitz, buyer for Davids. "Through the gladiator shoe, you're also getting a more strappy look and the birdcage look."

Heels have undergone some interesting treatments this spring, like tapered points or creative detailing, but heights are nowhere as lofty as last year.

"That has to do in part with the economy," Markowitz says. "People want something a little more fashionable, something they can wear a couple of times and not just once."



Faux leather Sweetheart Mary Jane Pump, Payless, \$60.



Mixed metallic gladiator sandal, Gap, \$49.50.

Be careful what you wish for.

N

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Coraline

IN THEATRES FEBRUARY 6
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Dolce & Gabbana's offensive campaign?

DESIGN Dolce and Gabbana's next advertising campaign is likely to offend with a portrayal of men praying, say the Italian designers who had to withdraw an ad two years ago when it was branded as humiliating women.

Italy's most famous designer pair said photographer Steven Klein had captured the essence of their Baroque collection, taking inspiration from the film *The Leopard*, about the decline of an aristocratic Sicilian family at the time of Italian unification.

"The next ad campaign

will show men on their knees praying," Domenico Dolce and Stefano Gabbana said in an interview with Italian daily *La Stampa*. "For sure they will say we are offending religion. Instead it could be read as a return to values. And there is a need for that at this time."

In 2007, Dolce & Gabbana pulled all advertising from Spain to "protect their creative liberty" after authorities there called for an end to a campaign they said humiliated women.

One ad, which Dolce & Gabbana also withdrew in

Italy, showed a bare-chested man holding down a woman by her wrists while other men look casually on. It attracted criticism from human rights group Amnesty International and a union in Italy. **REUTERS**

GlobalStyle

Kenya Hunt

Read Kenya, exclusively at metronews.ca/globalstyle and check out her blog at kenyastyle.com



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EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Entertainment

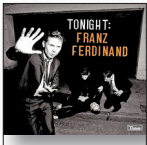


Juno gig
CTV has announced that Sarah McLachlan is the first artist slated to perform live on the Juno Awards broadcast on March 29.
METRO NEWS SERVICES

Franz returns Tonight

Franz Ferdinand
Album: Tonight
Label: Domino/Sony
Rating: ●●●●●

NO MATTER HOW badly fans want their favourite groups to remain consistent, there comes a time when even the most successful acts need to change things up. On Franz Ferdinand's third disc the band takes that leap to the next level, throwing club beats and electronica sounds in with their familiar disco-rock style. Though some fans might not make it through the nearly eight minute Lucid Dreams, the new Franz is definitely improved. Fortunately the



band hasn't messed with their formula too much — No You Girls is one of the best dance rock tunes in their oeuvre.

Bryan Borzykowski/for Metro Canada

Hoobastank
Album: For(N)ever
Label: Island/Universal
Rating: ●

AT LAST, A band that truly is as bad as its name. Hoobastank had a treacly hit called The Reason a few years back that was played a few million times too many. We should not forgive those who for some unexplainable reason supported the band back then. It is because of them that Hoobas-



Franz Ferdinand throw club beats and electronica sounds in with their familiar disco-rock style on latest album Tonight.

tank was allowed to record two more albums with massive big label backing. Those wretched Hoobastank fans should be locked into a dark room and forced to listen to this sorry excuse for rock 'n' roll until their emo forelocks turn gray

and their skinny jeans throttle their thighs. We know who you are. We're coming to get you.

Graham Rockingham/for Metro Canada

Listen to this week's reviewed music by following links at [metronews.ca/music](#)

The Oprah paper

IntelleVision

**Rick McGinnis**
rick.mcginis@metronews.ca

FAT LIKE ME: Like NASCAR, Heroes and MTV "reality" shows like The Hills and The City, Oprah Winfrey is more interesting to write about than actually watch. This would explain the massive essay on Oprah's latest crisis of self-image published this week in the New York Post.

At 2,173 words — the equivalent of a John Dos Passos novel in the cramped spaces of a modern tabloid newspaper — it sums up the cycle of binge and purge, both physical and emotional, throughout

Oprah's career, and its centrality to the phenomenon of what writer Maureen Callahan quite accurately calls "America's most prominent secular spiritual leader," albeit one who, earlier this month, aired a confessional episode of her daytime talk show expressing her mortification that she'd ballooned back to over 200 pounds.

Callahan interprets Oprah's crisis as a metaphor for America's economic crisis — "A nation that spends more money than it has may face a depression, much in the way that a person who consumes more calories than she expends might, too," she writes — but this sociological party trick is getting a little tired by now.

Callahan wonders aloud whether Oprah's success comes more from moulding the culture to reflect herself or from being the quickest to react to its nascent trends. And while there's nothing trailblazing about being an overweight American, there are few people who can enlist a support group as influential — or unusual — as Oprah's.

Jennifer Harris, the author of The Oprah Phenomenon, wonders that she's "always said that you can't depend on others for your happiness, not letting others define you ... Meanwhile she's surrounded by all these people telling her she needs to control her authentic self, as if it's an unruly child." Callahan goes on to describe "the soldiers in Oprah's army of self-help: Dr. Phil McGraw, overweight author of diet books and unlicensed TV therapist; Eckhart Tolle, who speaks of the 'pain body' and charges \$40-\$150 a pop for lecture tickets ... and Marianne Williamson, who had as a mentor a spirit named 'Seth,' channeled via a psychic."

If you're moved to explore this further, a book has recently been published — Oprah Winfrey And The Glamour Of Misery, by "Oprah scholar" Eva Illouz — and that hatchet-job biographer Kitty Kelley has a book on Oprah coming out next year, which promises to bring the sordid big time.

Rick McGinnis writes about music, movies, books and television.

ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	2	CFRN	239 318	etalk	Hollywood	ER "Heal Thyself"		American Idol (HDTV) (N)		CSI: Crime Scene Invstgtn.		News (N)
	3	KHQ	- 370	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Name Is Earl	Kath & Kim	The Office	30 Rock	(11:01) ER
	4	CBXT	- 307	Coronation St.	Jeopardy! (N)	The Nature of Things (N)		Doc Zone (HDTV) (N)		CBC News: The National		The Hour
	6	KREM	- 372	News (N)	Hollywood	The Doctors (N)		Criminal Minds (HDTV)		CSI: Crime Scene Invstgtn.		Eleventh Hour
	7	CKEM	241 347	Law & Order: SVU		Hell's Kitchen (N)		Ugly Betty (HDTV)		30 Rock	30 Rock	Your City
	8	CITV	240 339	ET Canada	Entertainment	The Unit		Bones "Fire in the Ice"		The Office	The Office	News Hour
	11	OMNI	-	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	12	CBXFT	119 705	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		M pour musique (HDTV) (SC)		Le Téléjournal et Les Nou		TJ Alberta
	13	KXLY	- 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty (HDTV)		Grey's Anatomy		Practice
	16	KAYU	- 373	The Simpsons	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV) (N)		Hell's Kitchen (N)		News (N)
news	19	CHTV	-	The Insider (N)	E! News	Name Is Earl	Kath & Kim	Shock to the System ** (2006, Mystery)	Chad Allen.			News (N)
	22	KSPS	- 374	NewsHour With Jim Lehrer	Born to Be King: Charles at 60	Poirot		Red Green	Summer Wine	Tavis Smiley	Charlie Rose (N)	Soundstage (N)
	24	WTVS	- 364	Ask This Old	Michigan	The Human Face (DVS)		CBC News: The National		CBC News: The National		Doc Zone
	15	CBCN	502	-	CBC News: The National	Doc Zone: Fidel Castro		EarthWatch One				Cooper 360
	21	TWN	505 398	(5) EarthWatch One		EarthWatch One		EarthWatch Two				Cooper 360
	27	CNN	500 500	Larry King Live		Anderson Cooper 360 (HDTV)		News	CTV Newsnet	Larry King Live		Cooper 360
	54	CTVN	501 391	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	70	BNN	504 508	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	20	TSN	400 400	NHL Hockey	SportsCentre	That's Hockey!		SportsCentre	In This Corner	Motoring 2009	Strongman	Wtr. X-Games
	23	net	408 418	UFC 74: Respect	Couture takes on Gonzaga.			Hockey Central	UFC Primetime	Sportsnet Connected	Best-Sports	
sports	47	SPEED	417 406	Pinks -- All Out		Wrecked	Wrecked	NASCAR Pre.	Pass Time	Pinks -- All Out		Pinks -- All Out
	94	SCORE	410 403	NBA Basketball: Cavaliers at Magic		NBA Basketball	San Antonio Spurs at Phoenix Suns. (Live)					Final Score
	9	EDACC	267 351	Truth, Duty, Valour		Law & Order: Criminal Intent		Eleventh Hour "Eternal"		(10:01) Private Practice (N)		Truth, Duty
	14	YTV	552 543	Drake & Josh	iCarly	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Futurama	Adrenaline Proj	Prank Patrol	Falcon Beach
	17	TREE	553 546	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	42	TOON	555 545	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Misadventures	Futurama	The Critic
	45	FAM	557 541	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
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	18	CMT	575 583	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders	Cheerleaders	Home Improve.	Home Improve.	Reba
	25	A&E	615 520	The First 48 (HDTV) (N)		The Beast "Nadia" (N)		The Beast "Nadia"		The First 48 Cabdriver.		The First 48
family	26	MMM	571 581	Celebrity Wrestling		Confessions of a Teen Idol		Listed		Party of Five		Confessions
	29	FOOD	603 561	Unwrapped	Secret Life of	Family	Glutton-Punish.	Ace of Cakes	Ace of Cakes	Challenge Chocolate art.		Unwrapped
	31	SHOW	617 522	Wife Swap		The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	Beerfest
	32	DISC	520 505	(6) Apocalypse How		MythBusters Sayings.		Daily Planet		Deadliest Catch		Apocalypse
	33	SLICE	601 562	10 Pounds	Last 10	The Biggest Loser		ET Canada	Matchmaker	The Biggest Loser		Trading Sp
	34	W	602 567	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design
	35	TLN	700 800	Saw for Hire	Saw for Hire	Man Whose Arms Exploded		Saw for Hire	Saw for Hire	Man Whose Arms Exploded		Overhauled
	52	HGTV	600 564	The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes on Homes		The Fix	Disaster DIY	Home to Flip
	65	MM	570 580	America's Best Dance Crew	Punk'd	Punk'd		Video on Trial	Video on Trial	Punk'd	Punk'd	Video on Trial
	102	CPAC	512 396	(6:30) Headline Politics		Revue		Question Period		Prime-Politics	Headline Politics	
cable variety	103	VIVA	526 507	Most Haunted		Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy		Most Haunted
	106	RDI	126 730	Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal (SC)		Le Journal RDI	Le National	Le Téléjournal

critics'corner

Hell's Kitchen

Sharp-tongued chef Gordon Ramsay slices and dices another batch of contestants in a new season of the restaurant reality series. All the competitors love to cook, but the one who wins a chance to run his or her own eatery will be the one who can stand being repeatedly raked over the coals by the inimitable Ramsay. They don't call this show "Hell's Kitchen" for nothing. 8 PM on CKEM



My Name Is Earl

Earl's (Jason Lee) attempt to give Joy (Jaime Pressly) a hot tub backfires when she gets a flesh-eating toe infection, and she's forced to stay in a make-shift plastic bubble. To keep order in their world, Earl fills in as the new Joy while she is out of commission. That means gossiping with the girls at the hair salon and shopping for meat out of some guy's trunk. Yeah, that seems about right. 8 PM on CHTV

Vampire actor plays painter

Twilight star Robert Pattinson can't always play a vampire heartthrob. In his next movie, *Little Ashes*, set in 1922 and described by Variety as an "arty Bohemian romp," the actor plays Salvador Dalí as a young man. **PEOPLE.COM**



Most memorable halftimes

IAN NATHANSON
for Metro Canada



It's as old — and often as overhyped and controversial — as the Super Bowl itself.

Yet what millions upon millions view as that entertaining diversion between the NFL championship's second and third quarters took years to find its stride.

Since the game's 1967 inception, the likes of American college marching bands, drill teams, incarnations of motivational singing troupe Up With People and the odd vocal act (Chubby Checker) typically filled a 15-minute average time slot.

By the 1990s, a directional change and barking orders to "go big-name" led to bringing in more estab-

lished acts from country music, R&B, pop and rock.

The Super Bowl halftime show also affords a great excuse to go overboard on stage presentation and excessive stars-and-stripes patriotism.

So it might not surprise anyone if this year's halftime act, Bruce Springsteen and the E-Street Band, happens to dole out a rendition of *Born in the U.S.A.* to get the crowd at Tampa, Fla.'s Raymond James Stadium all fired up. Ultimately, though, will there be some highlight in Springsteen's set that can compare to the following list of memorable halftime show moments of Super Bowls past? Guess we'll find out on Sunday.

Top Super Bowl halftime highlights:

• **5. Michael Jackson, Super Bowl XXVIII, 1993:** Talk

NFL Super Bowl XLIII

about grandeur: The King of Pop singing *Heal the World* accompanied by a choir of 3,500 Los Angeles-area children. Following this performance the NFL and the Super Bowl broadcaster of the day agreed to bring aboard big-name acts to draw in viewers.

• **4. Aerosmith, 'N Sync, Britney Spears, Mary J. Blige, Nelly, Super Bowl XXV, 2001:** A bridging of two generations: Veteran rockers Aerosmith get down with superstar popsters 'N Sync (featuring a more innocent Justin Timberlake) and Britney getting their chance to warble the rapid-fire lyrics of the mid-'70s classic, *Walk This Way*.

• **3. U2, Super Bowl XXVI, 2002:** Bono's typical front-man showmanship wasn't the star of this performance. Instead, the sight of a simple banner that scrolled the names of the 3,000 men and women who died during the 9/11 attacks just months before was enough to tug at the collective heartstrings.

• **2. Prince, Super Bowl XLI, 2007:** Even with a controversial silhouette of a revealing pose, His Royal Purpleness let loose a top-notch 12-minute set of his classics — as well as musical shout-outs to Foo Fighters, Queen, Bob Dylan and CCR — all capped by a rain-soaked *Purple Rain* complete with blistering guitar solos.

• **1. Jessica Simpson, Nelly, P. Diddy, Kid Rock, Janet Jackson and Justin Timber-**



Janet Jackson, left, and Justin Timberlake set off a firestorm of complaints, a \$500,000 US fine for CBS and worldwide talk of the so-called "wardrobe malfunction" at Super Bowl XXXVIII.

lake, Super Bowl XXXVIII, 2004: A.k.a. Nipplegate. Those final few seconds of J.T. opening a piece of Janet's clothing to reveal a star-shaped shield over her right nipple was enough to set off a firestorm of complaints, a \$500,000 US fine

to CBS and worldwide talk of the so-called "wardrobe malfunction." All of this placed the Super Bowl under the FCC's watchful eye, prompting a switch to safer, family-approved rock acts for future halftime shows.

ADVERTISING FEATURE



Just Ask Gay

Q I know that it is customary to invite the officiant but I was wondering what the etiquette is today. My fiancé and I have met the minister but we don't have any previous ties to him or the church we are marrying in and by the time of the wedding we will have had two quick meetings with him. Is it required to send an invitation to him and his wife?

A While normally you would invite your officiant to the wedding, if you have no personal relationship with them it is not required. Look at your budget — etiquette would say yes but it is not necessary.

Q Is it normal to be nervous, well more having second thoughts before you get married? I love my fiancé and want to marry him but the more planning we do the more nervous I get.

A Nerves are completely normal! Part of your nervousness comes from the stress of planning such an important day. Make sure to take time out of planning or anything wedding-related to re-connect with your fiancé — have a movie date or take a weekend getaway. It will give you both a chance to relax and de-stress.

If you have questions about your wedding day, send them to Gay at askgay@bridalfantasy.com.

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Celebrity Buzz

Abdul pulls another diva act on Idol

PEOPLE Paula Abdul's wacky antics returned on Tuesday's American Idol episode, usmagazine.com reports.

Miffed because the other three judges didn't ask her what she thought of 19-year-old contestant Julissa Veloz, Abdul walked out of an audition in Jacksonville, Fla.

Simon Cowell and new judge Kara DioGuardi had just offered their critiques when Abdul interrupted, "OK, I guess my opinion doesn't matter."

It's so funny because there's four judges ... sometimes we forget there's a fourth opinion in this room." She then walked off.

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Jolie still friendly with ex-hubby

RELATIONSHIP Angelina Jolie certainly seems to have mastered the stay-friends-with-your-ex technique, in-touchweekly.com reports. Her second husband Billy Bob Thornton recently said that he'd love to work with his ex-wife again. "I'd like to do another movie with Angie, too, one of these days."

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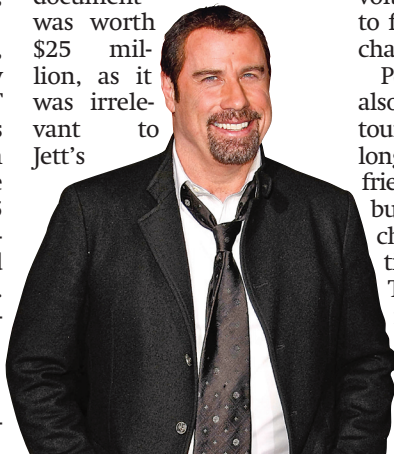
Paper key in Travolta extortion case: Reports

DOCUMENT The item at the centre of the John Travolta extortion case: A "refusal to transport" document, RadarOnline.com and TMZ.com are reporting, people.com reports.

According to TMZ.com, the document detailed how "John Travolta told EMT workers he wanted to fly his son to Florida rather than drive by ambulance to the hospital ... which was 45 minutes away" in the Bahamas, where Jett, 16, died of a seizure disorder Jan. 2.

Paramedic Tarino Lightbourne was charged Monday with conspiracy to commit extortion and attempted extortion for al-

legedly demanding \$25 million US to keep the document private. (As TMZ points out, it is unclear why Lightbourne thought the document was worth \$25 million, as it was irrelevant to Jett's



death.)

Former Bahamian senator Pleasant Bridgewater, who is also accused of trying to extort money from the Travolta family, said she plans to fight "untrue and unfair charges" against her.

People.com reports police also had detained former tourism minister — and longtime Travolta family friend — Obie Wilchcombe, but he "has not been charged," Minister of National Security Tommy Turnquest told usmagazine.com. "He was not arrested; he was questioned on Friday."

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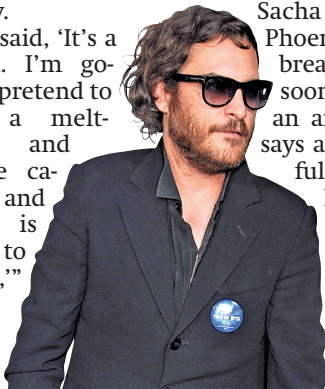
Phoenix's rap act a hoax?

PEOPLE Joaquin Phoenix told the world he's quitting acting. Then he took to the stage in Vegas on Jan. 16 to debut his new career as a rapper. But people.com is wondering if it is all an elaborate hoax.

That's what Entertainment Weekly is also reporting. Sources tell the magazine's Hollywood Insider blog that Phoenix's bizarre career change, which Casey Affleck (who's married to Phoenix's sister Summer) has been filming, is a joke

at the expense of the entertainment media and actors who take themselves too seriously.

"He said, 'It's a put-on. I'm going to pretend to have a meltdown and change careers, and Casey is going to film it,'" says one



source who recently worked with Phoenix.

Like Andy Kaufman before him — or maybe even Sacha Baron Cohen — Phoenix isn't expected to break character anytime soon, EW reports: "It's an art project for him," says a source. "He's going full out. He probably has told his reps that he's quit acting. Joaquin is very smart."

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Mom scared when Miley goes driving

PEOPLE Miley Cyrus' mother is a "nervous wreck" when her daughter drives, femalefirst.co.uk reports.

The Hannah Montana star recently passed her driving test, but admits her mom Leticia Finley is still scared to get in a vehicle if she is behind the wheel.

She said: "I'm a good driver but I make my mum a nervous wreck, which makes me nervous."

The 16-year-old star insists she can handle her car and is determined not to let her mother's anxiety get to her.

She said: "I

love driving, and I'm pretty good at it — I really am!"

Cyrus drives a Porsche, but it was recently reported she hates being seen in the luxury motor as it used to belong to her mom. Explaining she would have preferred a brand new model,

Miley said: "I do have a car. I took my mom's old car. I didn't get the one I wanted, but I got the old car which wasn't so bad because it was a Porsche. I suppose it was a pretty good hand-me-down."

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Macca landed in 'dark place' after divorce

PEOPLE Paul McCartney has revealed his bitter divorce from Heather Mills took him to a "dark place," femalefirst.co.uk reports.

The former Beatles singer — whose divorce from Heather was finalized last year — has described the pain he suffered during the split. The 66-year-old musician gave an honest account of the separation, saying: "I've been through a dark place."

Paul — who has

been dating U.S. heiress Nancy Shevell, 49, since November 2007 — explained his latest album Electronic Arguments, recorded as part of duo The Fireman, was heavily influenced by his failed marriage.

He said: "Love and light is mentioned a lot on the album. Parts of it are dark and edgy. It could be because I've been through a dark place."

METRO
NEWS SERVICES



Prince Harry lost love to distance, time

BREAKUP After five years of dating, what caused Prince Harry and girlfriend Chelsy Davy to finally call it quits last week? Those close to the prince believe time and

distance may have pulled the 24-year-old royal and the Zimbabwean-born beauty apart, People magazine reports in its upcoming issue, on sale Friday.

Chelsy, 23, is set to graduate from Leeds University this spring and is homesick for Africa, while Harry seems more committed than ever to army life.

When they split was announced, a royal source told People the pair felt their relationship "had run its course."

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Today
Snow/icy mix
1°C / -9°C

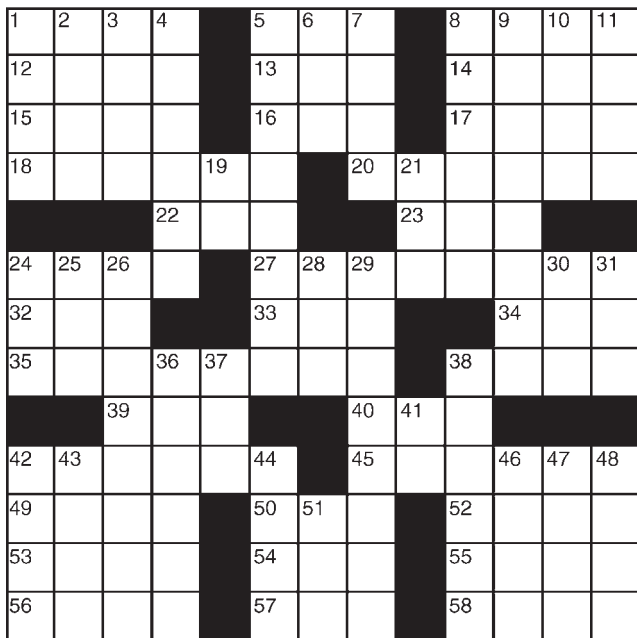
Friday
Mostly sunny
1°C / -3°C

Saturday
Broken clouds
-5°C / -9°C



Michele McDougall, Weather Specialist & Host – Breakfast Television
 “My favourite part is reporting the weather. It fascinates me, and as we know around here, it’s always changing, keeping forecasters on their toes.” **WEEKDAYS AT 6 A.M.**

Take Five



Crossword across

- 1 Weaponry
5 “Roscoe”
8 Iolani Palace locale
12 Ayatollah’s predecessor
13 Reproductive cells
14 Obnoxiously proper one
15 Gilpin of “Frasier”
16 Aviv lead-in
17 “— never work”
18 Jaundiced
20 Creepy —
22 Lennon’s lady
23 Judge Lance
24 “That hurts!”
27 Administered
32 Dos Passos trilogy
33 “I told you so!”
- 34 Mauna —
35 Uncommunicative
38 Requests
39 Court
40 Knock (‘em) dead
42 Disagreeing
45 Cantankerous
49 Big rig
50 Spring mo.
52 Hip bones
53 Tehran’s country
54 Snitch
55 Void partner
56 Trig function
57 Blond shade
58 Mirth

Crossword down

- 1 Venomous vipers
2 Comic Caroline
3 Crumbly deposit
4 1862 battle site
5 Declined
6 “Hail, Caesar!”
7 Body powder
8 Narcotic
9 Museum pieces
10 Mound
11 Unattractive
19 Performing
21 Disencumber
24 “— Gang”
25 Work with
26 Gotham City villain
- 28 Still, in verse
29 After-taxes value
30 “A mouse!”
31 “— Kapital”
36 Cut aid
37 Massachusetts cape
38 Storefront canopy
41 On the other hand
42 Unrepaired
43 Garr or Hatcher
44 Poet Teasdale
46 Jewish month
47 Anger
48 Bulldogs’ school
51 — de deux

PREVIOUS DAY’S CROSSWORD AND SUDOKU ANSWERS:



Find today’s answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min	Smart
Under 13 min	Genius	
13-17 min	Scholar	
	21-25 min	Not bad
	25+ min	Keep practising

Metro Recipe of the Day



Creole Veal Grillades

INGREDIENTS:

1 lb (500 g) boneless veal steak or pork tenderloin, 3/4 in (2 cm) thick and trimmed
 1 tbsp (15 ml) vegetable oil
 1 can (14 oz/392 g) low-sodium stewed tomatoes, undrained and cut up
 1 medium yellow onion, sliced
 2 yellow and/or green peppers, cut into thin strips
 1 tbsp (15 ml) pickled jalapeno pepper, minced
 2 cloves garlic, minced
 1/2 tsp (2 ml) salt
 1/8 tsp (0.5 ml) ground cayenne
 3 cups (750 ml) low-sodium chicken broth
 1 1/2 cup (375 ml) long-grain rice
 4 medium-size scallions with tops, finely chopped
 2 tbsp (25 ml) minced parsley

METHOD:

- Cut veal into 8 pieces. Pound both sides until meat is 1/4 inch (0.5 cm) thick.
- In nonstick skillet, heat oil over moderately high heat. Add 4 veal pieces and cook 1 to 2 minutes

per side or until browned. Remove veal from skillet. Repeat with remaining meat.
 3. Add tomatoes, onion, sweet peppers, jalapeno pepper, 1 garlic clove, 1/4 tsp (1 ml) salt, and ground red pepper to skillet and stir. Return meat to skillet. Bring to boil. Lower heat and simmer, covered, 20 minutes or until meat is tender.
 4. Meanwhile, in medium-size pot, bring broth to boil. Stir in rice, scallions and remaining garlic and salt. Cover tightly, reduce heat to low and simmer 20 minutes, until water is absorbed. Remove from heat and let stand, lid on, 2 minutes. Fluff with fork.
 5. To serve, arrange meat on rice. Spoon tomato mixture over meat and rice. Sprinkle with parsley.

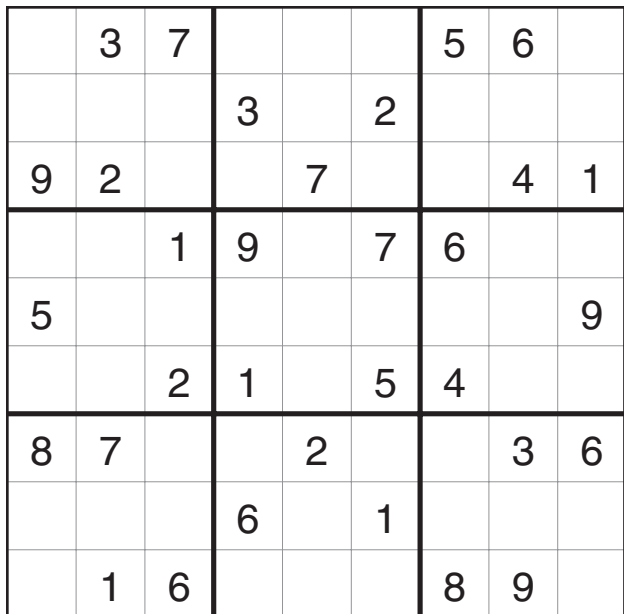
SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
 Take directions when changing your plans. Don't deal with other people's garbage. Something will be said that causes extreme disapproval.

LIBRA
SEPT 23-OCT 23
 Co-operate with a weirdo after a warning speech. An anxious person will make a leap of faith. You are no longer responsible for a sticky situation.

TAURUS
APRIL 21-MAY 21
 A fiery debate makes you feel frisky. You'll get a thrill when reading someone's mind. Being with a compassionate person will be soothing.

SCORPIO
OCT 24-NOV 22
 One of your friends will finally get some work done. An alcoholic's secrecy will disturb a loved one. Remarkable news will lead to grief.

GEMINI
MAY 22-JUNE 21
 Be the hero of a surprising story. Getting involved in an injustice will give you problems. A stranger will be too funny for words.

SAGITTARIUS
NOV 23-DEC 21
 A new love is magnificent. Talking with a freeloader gives you problems. Someone is listening carefully to everything you say.

CANCER
JUNE 22-JULY 22
 A down-to-earth approach will work out well. A gloomy dilemma benefits you. A thrilling predicament creates a diversion.

CAPRICORN
DEC 22-JAN 20
 A sweetheart's cruelty is driven by creativity. Lift friendship to a new plane by sticking to the facts. A painful suggestion causes resistance.

LEO
JULY 23-AUG 23
 A man has to change tactics. A scandalous deed looks like more fun than it is. Avoid further contact with an unrequited lover.

AQUARIUS
JAN 21-FEB 18
 You'll be tough to beat in an argument. A smart person is interesting, but inhibiting. Somebody you love will get baffling news.

VIRGO
AUG 24-SEPT 22
 A smiling man's erratic behaviour makes you lose focus. A suspicion is wrong because of misinformation. A traumatized person finds a way to escape.

PISCES
FEB 19-MARCH 20
 Fate looks kindly upon you. A disagreement results from a strange encounter. Someone's tedious rituals will displease you.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

- Vend hair mousse (1)
- Be fond of “60 Minutes” man Wallace (1)
- Mitty portrayed Danny's labyrinth (1)
- Cleveland NFL team's gain attempts (1)
- Sideshow oddity's runs of luck (1)
- Letterman bandleader's thin cookies (2)
- One speaking evil of one straightening rows (3)

ANSWERS: 1. SELLER 2. LIKE MIKE 3. KAYERS MAZE 4. BROWNS DOWNS 5. BREAKS STRAHS 6. SHAFERS WAFERS 7. MIGNER MALIGNER

1-29-09

This day in history

JAN. 29, 1845: The Raven by Edgar Allan Poe is published in the New York Evening Mirror.
 JAN. 29, 1891: Liliuokalani is proclaimed Queen of Hawaii, its last monarch.
 JAN. 29, 1978: Sweden outlaws aerosol sprays due to their harmful effect on the ozone layer, becoming the first nation to enact such a ban.
 JAN. 29, 2005: The first direct commercial flights from mainland China to Taiwan since 1949 arrived in Taipei. Shortly afterwards, a China Airlines carrier landed in Beijing.

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